



2023.03.18 (星期六 Saturday), 8:00am – 5:00pm

每隊派出參賽者人數  
No. of Participant  
per team

競賽詳情 Race Details


1	<p>游泳 項目：4 x 25 米游泳接力賽</p> <ol style="list-style-type: none"> <li>各隊可派 4 名參賽者，成員男女比例不限</li> <li>參賽者可以任何泳式作賽</li> <li>時間最快的 6 隊可晉級決賽</li> <li>決賽時間最快的 3 隊為冠、亞、季軍</li> </ol> <p><b>Swimming</b> <b>Item: Swimming 4 x 25M Relay</b></p> <ol style="list-style-type: none"> <li>Each team will send 4 participants (no restriction on the gender ratio)</li> <li>Participants can swim in any swim style</li> <li>The fastest 6 teams will qualify for the final</li> <li>The fastest 3 teams in final will be the Champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up</li> </ol> <p>❖ 所有參賽者必須自備游泳衣及泳帽 <i>All swimmers should prepare their own swimwear and swim caps</i></p>	4
2	<p>乒乓球 項目：乒乓球男女子單打</p> <ol style="list-style-type: none"> <li>各隊可派 1 男 1 女參賽</li> <li>賽事為單淘汰制，每場勝出者皆可晉級</li> <li>3 局 2 勝制（每局為 11 分） (暫定賽制，以最後報名參賽隊伍數目再作調整)</li> <li>各單打組別設冠、亞、季軍</li> <li>大會將會以抽籤形式決定首輪對賽隊伍</li> </ol> <p><b>Table Tennis</b> <b>Item: Men and Women's Singles</b></p> <ol style="list-style-type: none"> <li>Each team will send 1 male and 1 female participants for the respective singles</li> <li>Matches will be conducted on a single-elimination basis, in which only the winners proceed to the next round</li> <li>All matches will be the best of five games with each game played to 11 points (race format to be confirmed depending on no. of entries)</li> <li>Champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up will be given respectively</li> <li>Grouping for matches in the first round will be decided through lots drawing by the Organiser</li> </ol> <p>❖ 所有參賽者必須自備球拍，乒乓球則會由大會提供 <i>Participants will need to bring their own table tennis bats for the matches while the balls will be provided by the Organiser</i></p>	2



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<p>3</p>	<p>羽毛球 項目：男女子單打賽</p> <ol style="list-style-type: none"> <li>各隊可派 1 男 1 女參賽</li> <li>賽事為單淘汰制，每場勝出者皆可晉級</li> <li>3 局 2 勝制（每局為 15 分） (暫定賽制，以最後報名參賽隊伍數目再作調整)</li> <li>各單打組別設冠、亞、季軍</li> <li>大會將會以抽籤形式決定首輪對賽隊伍</li> </ol> <p><b>Badminton</b> <b>Item: Men and Women's Singles</b></p> <ol style="list-style-type: none"> <li>Each team will send 1 male and 1 female participants for the respective singles</li> <li>Matches will be conducted on a single-elimination basis, in which only the winners proceed to the next round</li> <li>All matches will be the best of five games with each game played to 15 points (race format to be confirmed depending on no. of entries)</li> <li>Champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up will be given respectively</li> <li>Grouping for matches in the first round will be decided through lots drawing by the Organiser</li> </ol> <p>❖ 所有參賽者必須自備球拍，羽毛球則會由大會提供 <i>Participants will need to bring their own badminton rackets for the matches while the shuttlecocks will be provided by the Organiser</i></p>	<p>2</p>
<p>4</p>	<p>足球遊戲 項目：足球九宮格</p> <ol style="list-style-type: none"> <li>各隊可派 2 位參賽者</li> <li>兩位參賽者將有相同次數機會向印有不同分數的九宮格射門</li> <li>射中累積分數最高的 3 隊為冠、亞、季軍</li> <li>如累積分數最高首三名出現相同分數，需進行額外一輪比賽</li> </ol>  <p><b>Soccer Game</b> <b>Item: 9-Grid Goal Shooting Challenge</b></p> <ol style="list-style-type: none"> <li>Each team will send 2 participants to take part</li> <li>The 2 participants will be given the same number of chances to shoot towards a 9-grid goal where each grid will carry a different score.</li> <li>The 3 teams getting the highest accumulated scores will be awarded as Champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up</li> <li>If the 3 highest-scoring teams have the same score, the teams involved will proceed to an extra round of match</li> </ol> <p>❖ 足球會由大會提供 <i>Footballs will be provided by the Organiser</i></p>	<p>2</p>



2022/2023 公益金百萬運動會 The Community Chest Sports for Millions  
 由中銀香港全力支持 Fully Supported by Bank of China (Hong Kong)



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5	<p><b>團隊競技遊戲</b>  <b>Finale Fun Game</b></p> <p>❖ 詳情將於稍後公佈  <i>Game details will be announced later</i></p>	<p>全隊                  10人                  同時參與                  The whole                  team of                  10 members</p>
		<p><b>總數</b>  <b>Total:</b>                  10人                  10 team                  members</p>
<p>備註：                  - 由於各項運動賽事將同時進行，參賽者只可參與其中一項賽事。                  - 除賽事進行期間及用餐時間外，參賽者於場內必須佩戴口罩。</p> <p>Remarks:-                  - Since all sports events will be held simultaneously, participants can only select <u>one of the items</u> to take part.                  - Participants will need to wear masks AT ALL TIMES, except during their turns in the sports matches or meal time.</p>		